University Health Council Meeting Minutes
Friday, December 1st, 2023- via Zoom
Meeting called to order by Chair Ellen Lutz

Present:
Ellen Lutz (Chair, Libraries), Anisshka Annand Khadtale (SGA), Ann Becker (Dir of Public Health/Nursing), Liz Bertone-Johnson (Public Health), Anju Cheriyalay (SGA), George Corey (UHS), Patti Cromack (CNS), Katie Dixon-Gordon (Psychology), Jeff Hescock (EHS), Collin Humphries (SGA), Lisa Minter (VASCI), Mike Pease (SPP), Sheila Pennell (Nursing), Eitan Perry (SGA), Pamela Shea (ESL), Joe Van Allen (CDPS), Wilmore Webley (VP for Equity & Inclusion), Diane Fedorchak (PHPP, Guest)

1) Introduction of Health Council members

2) Meeting Minutes from 10/27/2023
-*Minutes Approved*

3) December 15, 2023 Meeting
The meeting was officially canceled due to a conflict with the last day of finals.

4) By-Laws Update
As presented in the October 27, 2023 meeting, the council voted to approve the addition of the Director of Public Health position as an ex-officio position. The change will be voted on by the Faculty Senate Rules Committee in February.

5) UMass BASICS Program
A presentation by Diane Fedorchak, Director of Substance Misuse Prevention Strategy.

Diane began by explaining why it is so important to discuss alcohol and drug abuse with college students. Over 1500 college students die every year from alcohol-related events, almost 700,000 assaults occur from student drinking, as well as almost 600,000 injuries, 97,000 sexual assaults, and over 22,200 hospitalizations. Alcohol use has also been shown to negatively impact students' grades. Marijuana use is also of concern, as the percentage of THC has increased over the past twenty years, and with the wide variety of marijuana products accidental dosing and consumption above recommended levels is a concern. Research shows that heavy marijuana use can have a negative impact on academic outcomes.

Some of the best ways to intervene are: screening and early intervention, changing social norms, and training youth providers such as educators and pediatricians. The BASICS Program is engaged in implementing these tactics.

The BASICS Program was developed around 35 years ago by the University of Washington. The acronym stands for Brief Alcohol Screening and Intervention for College Students. It was designed specifically for this age group, and, as a two-session intervention, has been shown to reduce drinking and negative consequences. The program takes a non-judgmental

and non-confrontational approach, incorporating the principles of motivational interviewing and appealing to the drives and motivations of students.

Motivational Interviewing is a conversation about change. It is a style of conversation that aims to strengthen one's own motivation and commitment to making a change.

The BASICS Program is only a part of the larger commitment to changing alcohol and drug use on campus. There are a variety of resources, such as trainings available, check-in programs, CCPH support, faculty and staff training, and caregiver involvement.

BASICS tries to teach harm reduction or lowering the severity of negative consequences through education. The program is individualized to each student, has evidence of effectiveness, and improves retention and academic success.

BASICS is required for any students who violate the Code of Student Conduct substance rules, were placed in protective custody, transported to the hospital for substance related-issues, have an off-campus bylaw violation, or off-campus state law violations.

The two sessions of the program are the Intake session and the Feedback session. The Intake session consists of building rapport, explaining privacy versus confidentiality, gathering information, a self-report questionnaire, and asking them to monitor their substance use. The Feedback session continues to build rapport with the students, as well as reviewing their substance use since the last session, go through their individualized feedback report generated from the questionnaire, assess/ change plans, perform screenings, and offer referrals as needed.

There are three levels to the program, defined only by how many times a student is referred to the program, not the severity of the referring incident. For BASICS 1, unless a student was a medical transport or in protective custody, students are placed in groups of five for their first session, then a one-on-one second session. BASICS 2 consists of two one-on-one sessions. There have not been any BASICS 3s recently, but that consists of the creation of an extended BMI of three sessions.

BASICS does cost money, $100 for BASICS 1, and $175 for anything over BASICS 2. Students are required to pay when they come to their first session. It is not on their bursar bills, and fees are not waived. The program will work with students who need a payment plan, and the collected funds pay for incentives for students to complete the follow up survey. Minutes Matter students do not pay any fee.

Questions:

Wilmore asked how much education UMass has for students coming in regarding long-term marijuana use. They frontload the information in programs such as BASICS and AlcoholEDU, but there is always more work to be done.

Ellen asked if students in BASICS meet with the same counselor. Normally, yes, unless there are scheduling conflicts. Students returning to BASICS 2 do not necessarily meet with the same counselor as in BASICS 1.

Eitan asked where the harm reduction vending machine is located on campus. It is located on the ground floor of the Campus Center, outside of the Public Health Promotion Center. It is accessible the entire time that the Campus Center is open.

Mike mentioned that the BASICS program can often be an entry point for other programs on campus.

Lisa asked if there were flyers for both the BASICS program and the vending machine. There are not currently, but Ann Becker thinks the idea has merit and will implement it.

The meeting was adjourned at 12:58 PM.
Minutes prepared by Caitlyn Foster (Faculty Senate Project Assistant)